

We claim:

1. An external preparation for skin comprising:

oleaginous substances extracted from sporoderm-broken spores of

Ganoderma Lucidum, wherein said external preparation is applied to said external skin of a

5 human.

2. The external preparation according to claim 1, wherein said sporoderm-broken

spores of *Ganoderma Lucidum* are germination activated.

10 3. The external preparation according to claim 1, further comprising a carrier.

4. The external preparation according to claim 1, wherein said oleaginous

substances are transparent and odorless.

15 5. The external preparation according to claim 1, wherein said transparent and

odorless oleaginous substances are extracted from said from sporoderm-broken *Ganoderma*

spores by a supercritical fluid-carbon dioxide (SCF-CO₂) extraction method with a

temperature set at about 32°C to 45°C.

20 6. The external preparation according to claim 1, wherein said sporoderm-broken

Ganoderma spores are germination activated.

7. The external preparation according to claim 1, wherein said oleaginous substances smoothen said external skin of said human.

8. The external preparation according to claim 1, wherein said oleaginous substances reduces wrinkles from said external skin of said human.

9. The external preparation according to claim 1, wherein said oleaginous substances defy aging of said external skin of said human.

10. The external preparation according to claim 1, wherein said oleaginous substances reduces pigmentation of said external skin of said human.

11. The external preparation according to claim 1, wherein said oleaginous substances reduces inflammation of said external skin of said human.

12. The external preparation according to claim 11, wherein said inflammation is caused by skin injury.

13. The external preparation according to claim 1, wherein said oleaginous substances reduces skin irritation of said human.

14. The external preparation according to claim 13, wherein said skin irritation is caused by herpes zoster infection.

15. The external preparation according to claim 13, wherein said skin irritation is caused by psoriasis.

16. The external preparation according to claim 1, further comprising
5 concurrently taking said oleaginous substances orally.

17. The external preparation according to claim 2, further comprising
concurrently taking said germination-activated sporoderm-broken Ganoderma spores orally.

10 18. The external preparation according to claim 17, wherein said Ganoderma
spores are germinated in a soaking solution containing about 5% of mycelia of Ganoderma,
5% of mycelia of Corydeceps, 5% of malt extract, and 5% coconut juice in water.

19. The external preparation according to claim 18, wherein said Ganoderma
15 spores and said soaking solution are in a ratio of about 1 : 2 (weight : volume).

20. The external preparation according to claim 18, wherein said Ganoderma
spores are germinated in said soaking solution for about 8 hours at a temperature of about
25°C.

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21. The external preparation according to claim 21, wherein said germinated
Ganoderma spores are activated in a cultural box at about 80% relative humidity for about 12
hours at about 25°C.

22. The external preparation according to claim 1, wherein said external preparation is a skin cosmetic.

23. The external preparation according to claim 1, wherein said external
5 preparation is a topical formulation having dermatological effect on skin.

24. A method for smoothening skin comprising:
applying said oleaginous substances according to claim 1 to said skin in need of
smoothening in said human.

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25. A method for reducing wrinkles on skin comprising:
applying said oleaginous substances according to claim 1 to said skin in need of
reducing wrinkles in said human.

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26. A method for defying aging on skin comprising:
applying said oleaginous substances according to claim 1 to said age-defying skin in
said human.

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27. A method for reducing pigmentation on skin comprising:
applying said oleaginous substances according to claim 1 to said skin with pigments
in said human.

28. A method for lessening skin inflammation comprising:

applying said oleaginous substances according to claim 1 to said inflammatory skin in said human.

29. A method for alleviating skin irritation comprising:

5 applying said oleaginous substances according to claim 1 to said irritated skin in said human.